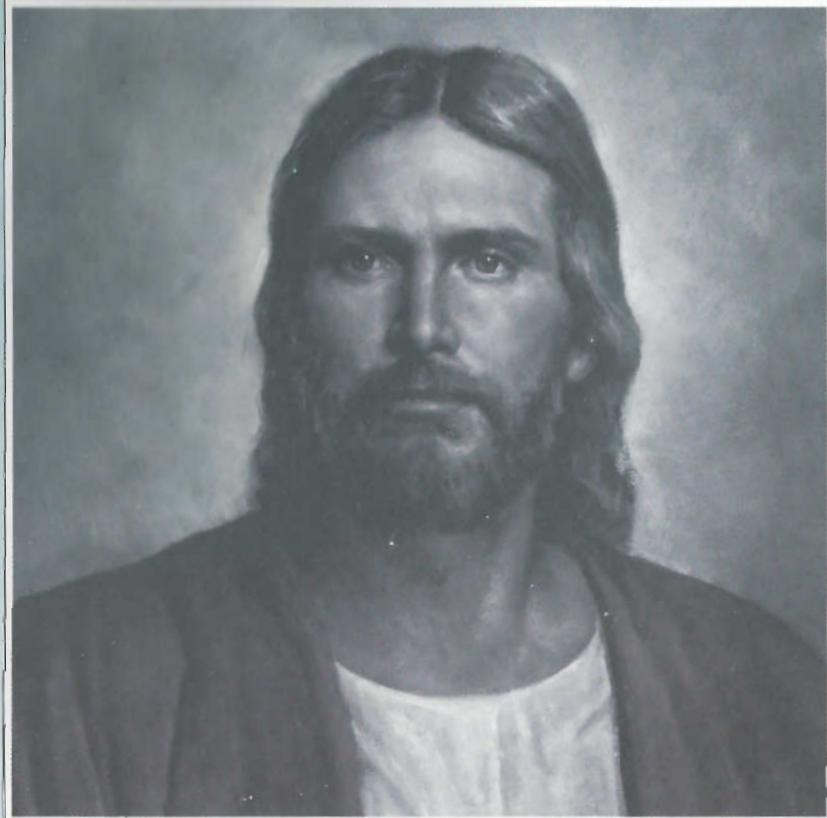


# THE GOSPEL OF JESUS CHRIST

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## *DISCUSSION 2*

UNIFORM SYSTEM FOR TEACHING THE GOSPEL





# THE GOSPEL OF JESUS CHRIST

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*DISCUSSION 2*

UNIFORM SYSTEM FOR TEACHING THE GOSPEL

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## INSTRUCTIONS FOR THIS DISCUSSION

### Planning for the Discussion

Prepare to teach this discussion by reviewing what took place during the first discussion with the investigators. For example, consider—

- Which parts of the discussion seemed most meaningful to the investigators.
- Any spiritual feelings they had.
- Any points they did not seem to understand or accept well.
- What they committed themselves to do.

Plan how you can build upon positive experiences, and anticipate questions and concerns. Specifically, plan (a) what you will do to prepare these investigators to feel the Spirit, (b) when to invite them to make commitments, and (c) how you will follow up to help them keep their commitments.

Review the main principles of this discussion. Then plan how you might present the discussion to build upon experiences you have had with the investigators and meet their needs and interests. For example, consider—

- Which of your personal experiences might be meaningful to them.
- What examples you could use to help them understand the principles clearly or to resolve concerns.
- Which Book of Mormon passages you could share to help them understand what you will be teaching and to stimulate their interest in the Book of Mormon.
- What experiences they have had that will relate to your message.

### Doctrinal Overview

Two major obstacles stand in the way of our becoming more like our Heavenly Father: physical death and sin. Through his atonement Jesus Christ has established the path by which death and sin can be overcome. By following this path we can return to our Heavenly Father. The main principles of this discussion are—

1. Through the Resurrection, we will be saved from physical death.
2. Through obedience to the principles and ordinances of the gospel of Jesus Christ, we can also be saved from sin.
3. In order to make the Atonement effective in our lives, we must have faith in Christ.
4. We must repent of our sins.
5. We must be baptized by immersion to enter into a covenant with God.
6. We must receive the gift of the Holy Ghost and be spiritually reborn.
7. We must strive to obey all the commandments of God.

### Commitments

During this discussion you need to help the investigators feel the presence of the Holy Spirit. This will prepare them to make the commitments that lead to conversion and baptism. During this discussion the investigators should commit themselves to—

- Be baptized on a specific date.

In addition, you should help them commit themselves to take part in the third discussion, to read further in the Book of Mormon, and to continue to pray about what they are learning. (The following reading assignment is suggested: 2 Nephi 31; Mosiah 2-5; 3 Nephi 27.) Also encourage them to continue reading through the Book of Mormon from the beginning.

## CREATE A LEARNING ATMOSPHERE

### DISCUSSION

#### Establish a Reverent Atmosphere and Continue to Build Relationships of Trust

### Review

### TEACHING HELPS

Set a reverent and relaxed teaching atmosphere. Strengthen the relationship of trust between you and the investigators.

Invite the family head to ask someone to pray. If the investigators have not yet prayed themselves, ask one of them to offer the prayer. As appropriate, use the "Instruction on Prayer" in the instruction booklet.

Review the following things with the investigators. Use the study guide for the first discussion in reviewing the Book of Mormon readings, the previous discussion, and the commitments.

*Book of Mormon.* Review what the investigators have read in the Book of Mormon. Answer any questions they have about what they have read. Find out—

- Which passages impressed them the most.
- What questions they have.
- How they feel about what they have read.

*Previous Discussion.* Review briefly the principles discussed in the first discussion. Discuss with the investigators any questions they have, and help them resolve any concerns.

*Previous Commitments and Spiritual Experiences.* As directed by the Spirit, review with the investigators their progress in keeping their commitments. Discuss any moments when they have felt the influence of the Spirit since they began learning about the Church. Find out—

- How the investigators felt as they prayed to know that Joseph Smith was a prophet.
- How they felt as they read the Book of Mormon and prayed to know that it is true.
- Whether they feel they have received an answer to their prayers about Joseph Smith and the Book of Mormon.
- How they have felt about their associations with Church members (for example, in reading the Book of Mormon with them or attending Church meetings).
- Whether they have had any special feelings about what they are learning.

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**DISCUSSION****TEACHING HELPS****Introduce  
This Discussion**

Explain that during the previous discussion you talked about the plan of our Heavenly Father and the central role of Jesus Christ in that plan. This time you will share some more detail about the role of the Savior in this plan. One great blessing that comes from the mission of Joseph Smith and from the Book of Mormon is greater understanding of Jesus Christ.

## PRINCIPLE 1 SALVATION FROM PHYSICAL DEATH

### DISCUSSION

#### We Are Physically Different from Our Heavenly Father

Two major obstacles stand in the way of our becoming like our Heavenly Father. First, our physical bodies are imperfect and mortal. The body of our Heavenly Father is perfect and immortal. Because our bodies are mortal, each of us will die.

#### Our Spirits and Bodies Will Be Separated

This physical death is the separation of our spirits from our mortal, physical bodies. Although our spirits continue to live, our physical bodies die. We cannot overcome this first obstacle of physical death by ourselves.

#### Jesus Overcame Physical Death

Jesus Christ overcame this obstacle for us. His physical death came when he died on the cross. On the third day after his death, his followers returned to the tomb where they had laid his mortal body. But his body was not there. Jesus had been resurrected. His spirit had been reunited with his body in a glorified, immortal form.

#### Resurrection Is the Reuniting of the Body and Spirit

If death is the separation of the spirit and the physical body, resurrection is the reuniting of the spirit with an immortal, physical body. [Read and discuss Alma 11:42–43.]

### TEACHING HELPS

#### BECOMING LIKE OUR HEAVENLY FATHER

- Obstacles
  - Physical death
  - Spiritual death
- Atonement
  - Resurrection
  - Forgiveness

#### Find Out—

- Whether the investigators understand what happens to our spirits and our mortal bodies when we die.

**Testify:** Express your feelings about—  
• The resurrection of Christ.

#### Find Out—

- Whether the investigators understand that resurrection is the reuniting of the spirit with a glorified, immortal body.

### DISCUSSION

#### All Will Be Resurrected

Because Jesus triumphed over physical death and was resurrected, all of us will be resurrected. Resurrection is a free gift to each of us, regardless of whether we have done good or evil in this life.

#### SCRIPTURAL RESOURCES

2 Nephi 9:6 (To fulfill God's merciful plan, everyone is subject to death.)

Alma 11:42–45 ("The death of Christ shall loose the bands of this temporal death.... The spirit and the body shall be reunited.")

Luke 24:36–39 ("A spirit hath not flesh and bones, as ye see me have.")

1 Corinthians 15:20–22 ("For as in Adam all die, even so in Christ shall all be made alive.")

Philippians 3:20–21 ("Jesus Christ... shall change our vile body, that it may be fashioned like unto his glorious body.")

*Topical Guide:* Death; Jesus Christ, Atonement through; Jesus Christ, Resurrection; Resurrection; Spirits, Disembodied

### TEACHING HELPS

**Testify:** Express your feelings about—

- The eternal nature of the spirit.
- Your faith that each of us, including yourself and the investigators, will literally be resurrected.
- Your gratitude for the atonement of Jesus Christ.

#### EXAMPLES

To describe physical death:

Suppose my hand represents your spirit. It is alive. It can move by itself. Suppose this glove represents your physical body. A glove cannot move by itself. But when the spirit enters it, the physical body can move and act and live. As we live on earth, each of us is a spirit clothed with a physical body. Someday, because of old age, disease, or accident, the spirit will leave the physical body. We then say the person has died. Thus, death is a separation of a spirit from a physical body. Death is not, however, an end of life, for the spirit continues to live.

To describe the resurrection:

Remember, my hand represents a spirit, and the glove represents a physical body. When I separate them, the spirit leaves the physical body. The body is no longer alive. But the spirit is still alive. It is taken to the spirit world to await the resurrection. When the resurrection comes, the spirit is reunited with the perfected, immortal body, which will then live forever.

## PRINCIPLE 2 SALVATION FROM SIN

### DISCUSSION

#### The Plan of Our Heavenly Father Allows Us to Choose

Sin is the second obstacle to our becoming more like our Father in Heaven. According to the plan of salvation, each of us leaves the presence of our Father to come to earth. Here we have opportunities to grow spiritually. We grow by learning to distinguish good from evil and by choosing the good.

#### Sin Is Acting against the Will of God

In choosing between good and evil, we do some things that are against the will of God. To act knowingly or willfully against the will of God is sin. During our life on earth, all of us commit sin. Sin leads to unhappiness in this life. But more important, sin makes us unclean spiritually. No unclean thing can dwell with God.

#### Separation from God Is Spiritual Death

This separation from God because of our sins is called spiritual death. Because of our sins, we are unable to return to live with him unless we are first forgiven and cleansed. As with physical death, we cannot overcome this obstacle by ourselves. We are helpless without the aid of Jesus Christ.

#### Through Christ We Can Be Cleansed from Sin

[Read and discuss Alma 34:8-9.] God sent his Beloved Son, Jesus Christ, to overcome the obstacle of sin. Through the grace of Christ we can become clean from sin. We can also live with God again. As part of the plan of his Father, Christ paid the penalty for our sins.

### TEACHING HELPS

#### Find Out—

- Whether the investigators understand why sins keep us from returning to our Father in Heaven.

### DISCUSSION

### TEACHING HELPS

#### To Be Forgiven, We Must Accept Christ

We are forgiven when we accept Christ, repent, and follow his commandments. In this way, we are cleansed of our sins. We can become worthy to return to the presence of God.

#### The Atonement of Jesus

The triumph of Jesus over physical death and sin is called the Atonement. Through the Atonement, we can return to live with God.

#### We Must Do Certain Things

In paying the penalty for our sins, Jesus did not eliminate our personal responsibility. We must take certain steps to show that we accept him and that we will follow his commandments. We call these steps the first principles and ordinances of the gospel.

#### Find Out—

- Whether the investigators believe that the effects of sin can be overcome through Christ.

#### Testify:

Express your feelings about—

- The need for the Atonement.
- Your gratitude for the sacrifice of the Savior.

### FIRST PRINCIPLES AND ORDINANCES

Faith	Baptism
Repentance	Gift of the Holy Ghost

### SCRIPTURAL RESOURCES

### EXAMPLES

1 Nephi 10:20-21; 3 Nephi 27:19 ("No unclean thing can dwell with God.")

2 Nephi 9:21-24 (Christ "cometh into the world that he may save all men if they will hearken unto his voice; for behold, he suffereth the pains of all.")

Alma 11:40 (Christ shall take upon himself "the transgressions of those who believe on his name.")

Alma 41:10; 1 Nephi 20:22 ("Wickedness never was happiness.")

SCRIPTURAL RESOURCES	EXAMPLES
	John 3:16-17 ("For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.")
	Romans 3:23 ("All have sinned, and come short of the glory of God.")
	1 John 1:7 ("The blood of Jesus Christ... cleanseth us from all sin.")
	1 John 3:4 ("Sin is the transgression of the law.")
	D&C 19:15-19 ("If they would not repent they must suffer even as I.")
	<i>Topical Guide:</i> Jesus Christ, Atonement through; Man, Natural, Not Spiritually Reborn; Sin

### PRINCIPLE 3 FAITH IN CHRIST

#### DISCUSSION

##### The First Principle Is Faith in Christ

The first principle of the gospel is faith in the Lord Jesus Christ. [Read and discuss *Hebrews 11:6*.] To have faith in Christ means to firmly believe that he is the Son of God and the Savior of the world.

##### Faith in Christ Means Loving and Following Him

When we have faith in Christ, we love him. We accept his atonement and his teachings. We do all that he has asked us to do. We follow the example of his perfect life and trust in him.

#### TEACHING HELPS

##### *Find Out*—

- What it means to the investigators to have faith in Jesus Christ.
- How they feel about Christ and his sacrifice for us.

##### *Testify*: Express your feelings about—

- Your faith in Christ.
- The love our Heavenly Father has for us.
- The blessings that come from faith in Christ.

#### SCRIPTURAL RESOURCES

1 Nephi 7:12 (The Lord can do all things for us if we exercise faith in him.)

2 Nephi 9:23 (All men are commanded to have perfect faith in Christ or they cannot be saved.)

Ether 12:6; Alma 32:21 ("Faith is things which are hoped for and not seen; . . . ye receive no witness until after the trial of your faith.")

Moroni 7:33-34 ("If ye will have faith in me ye shall have power to do whatsoever thing is expedient in me.")

Hebrews 11:1 ("Faith is the substance of things hoped for, the evidence of things not seen.")

James 2:17-26 (Faith without works is dead. By works is faith made perfect.)

*Topical Guide: Faith*

#### EXAMPLES

Tell the investigators about an experience in your life when you (or someone you know) felt the power of faith.

## PRINCIPLE 4 REPENTANCE

### DISCUSSION

#### The Second Principle Is Repentance

The second principle of the gospel is repentance. [Read and discuss Alma 34:17.] As our faith in Christ increases, we seek to become more and more like him. We want to repent of our sins.

#### We Can Repent

To repent, we admit to God that we have done wrong. We feel sorrow for our sins and ask God to forgive us. We do all we can to correct the problems our actions may have caused. If we sincerely repent, we turn away from our sins and do them no more. We no longer have any desire to commit the sins.

#### Repentance Brings Peace

Sincere repentance brings us forgiveness and peace in this life. It prepares us to live again with our Father in the life to come.

#### We Should Repent throughout Life

Even when we have accepted Christ and repented of our sins, we continue to fall short of perfection, and we sin again. Throughout our lives, whenever we sin or fall short of the example Christ set, we need to repent. We need to change both our behavior and our hearts. We need to begin in earnest the process of making ourselves more like Jesus Christ.

### TEACHING HELPS

#### Find Out—

- Whether the investigators understand what repentance is and how a person repents.

#### Testify:

Express your feelings about—

- The peace that follows repentance and forgiveness.
- The important role of repentance in achieving happiness and salvation.

### SCRIPTURAL RESOURCES

Alma 12:24; 2 Nephi 2:21 ("There was a space granted unto man in which he might repent; therefore this life became a probationary state.")

Alma 34:14-17 (The Atonement "bringeth about means unto men that they may have faith unto repentance . . . Only unto him that has faith unto repentance is brought about the great and eternal plan of redemption.")

Alma 34:30-31 ("Bring fruit unto repentance . . . Harden not your hearts any longer; for behold, now is the time and the day of your salvation.")

Alma 34:33-36 ("Do not procrastinate the day of your repentance.")

Helaman 5:10-11 (Christ does not redeem people *in* their sins, but *from* their sins. He redeems them because of repentance.)

Moroni 6:1-4; D&C 20:37 (None were received unto baptism unless they "witnessed unto the church that they truly repented of all their sins.")

Luke 13:3 ("Except ye repent, ye shall all likewise perish.")

Hebrews 10:17 ("Their sins and iniquities will I remember no more.")

D&C 1:31-33 ("He that repents and does the commandments of the Lord shall be forgiven.")

D&C 58:42-43 ("Ye may know if a man repenteth of his sins—behold, he will confess them and forsake them.")

*Topical Guide:* Forgive, Forgiveness; Repent, Repentance

### EXAMPLES

Read or tell the story of the prodigal son (Luke 15:11-32). Explain that this story shows somewhat how our Father in Heaven feels about us. When we truly repent and change our lives, he will forgive us and welcome us with joy.

## PRINCIPLE 5 BAPTISM BY IMMERSION FOR THE REMISSION OF SINS

### DISCUSSION

#### The Third Principle Is Baptism

Faith and repentance lead us to our next step: the ordinance of baptism. [Read and discuss *Acts 2:38*.] Jesus taught that we must be baptized by immersion for the remission, or forgiveness, of sins.

### TEACHING HELPS

**Explain:** If necessary, help the investigators understand that gospel ordinances are usually sacred ceremonies, such as baptism. These ceremonies are based on the laws of God. They must be performed by a person who has received the proper authority from God.

#### We Make a Covenant

Through the ordinance of baptism, we enter a covenant (or agreement) with God. We promise to accept Christ, become his followers, and keep his commandments to the end. Our Heavenly Father promises that our sins will be forgiven if we keep our part of the covenant.

#### Baptism Is a Symbol

Baptism by immersion is a symbol of the death, burial, and resurrection of the Savior. It also represents the end of our old life and the beginning of a new life as a disciple of Christ.

#### We Must Be Baptized by Authority

We must be baptized to become members of the Church of Jesus Christ and to enter the kingdom of heaven. Baptism must be performed by members of the Church who have the priesthood and are authorized to perform ordinances in the name of Christ.

#### Find Out—

- Whether the investigators understand that we must be baptized to receive forgiveness and fulfill the plan of God.

### DISCUSSION

### TEACHING HELPS

- How they feel about the commandment of the Savior to be baptized.

**Testify:** Express your feelings about—

- The necessity of baptism for salvation.
- The blessings that have come to you through baptism.

**Invite:** As you are prompted by the Spirit, this may be an appropriate time to invite the investigators to be baptized.

### SCRIPTURAL RESOURCES

2 Nephi 9:23 ("And he commandeth all men that they must repent, and be baptized.")

2 Nephi 31:5-11 (Although Jesus was perfect, he was baptized to show obedience and to set an example.)

Alma 7:15 ("Show unto your God that ye are willing to repent of your sins and enter into a covenant with him to keep his commandments.")

Moroni 8:25 ("The first fruits of repentance is baptism.")

Matthew 3:13-17 (Jesus was baptized.)

John 3:1-8 ("Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God.")

Acts 2:37-38 ("Repent, and be baptized... in the name of Jesus Christ for the remission of sins.")

Romans 6:3-8 ("We are buried with [Christ] by baptism into death: that like as Christ was raised up... we also should walk in newness of life.")

D&C 20:37 (The Lord explains the requirements for baptism.)

**Topical Guide:** Baptism; Baptism, Essential; Baptism, Immersion; Baptism, Qualifications for; Remission of Sins

### EXAMPLES

To show the need to be baptized by a person having proper authority:

Acts 10:44-48 (Even though the Holy Ghost had fallen on the Gentiles, Peter still commanded them to be baptized.)

Acts 19:1-6 (Paul baptized those who claimed to have been baptized by John. He laid hands on them, and the Holy Ghost came upon them.)

## PRINCIPLE 6 THE GIFT OF THE HOLY GHOST

### DISCUSSION

#### We Must Be Spiritually Reborn

Jesus taught that we must be baptized of the water and also of the Spirit. In this way we are spiritually reborn. We begin a new spiritual life as disciples of Christ. This new life begins when we receive the Holy Ghost.

#### Receiving the Holy Ghost Is the Baptism of Fire

[Read and discuss 3 Nephi 27:20.] The Holy Ghost has a sanctifying, cleansing effect upon us. Jesus described receiving the Holy Ghost as the "baptism of fire." We are purified as if by fire. Our sins are forgiven.

#### The Holy Ghost Is Given by the Laying on of Hands

After you are baptized, an authorized priesthood holder lays his hands upon your head and gives you the gift of the Holy Ghost. He also confirms you a member of the Church of Jesus Christ. This means you can enjoy the constant companionship of the Holy Ghost as long as you are worthy of it.

#### We Can Have the Gift of the Holy Ghost

Those who receive the gift of the Holy Ghost can enjoy his companionship throughout their lives, if they remain worthy. The Holy Ghost testifies of Christ and helps us recognize the truth. He provides strength and helps us do what is right. He comforts us during times of trial or sorrow. The gift of the Holy Ghost is truly one of the most precious gifts of our Father in Heaven.

### TEACHING HELPS

#### Find Out—

- What it means to the investigators to begin a new life as a disciple of Christ.

#### Find Out—

- Whether the investigators understand the mission of the Holy Ghost.
- Whether they understand what blessings the Holy Ghost can bring into their lives.
- Whether they have begun to feel the influence of the Holy Ghost.

#### Testify:

 Express your feelings about—

- The joy of feeling the influence of the Holy Ghost in your life.

### DISCUSSION

#### SCRIPTURAL RESOURCES

2 Nephi 31:11-12 ("He that is baptized in my name, to him will the Father give the Holy Ghost.")

2 Nephi 32:1-5 ("The Holy Ghost . . . will show unto you all things what ye should do.")

2 Nephi 33:1-2 ("When a man speaketh by the power of the Holy Ghost the power of the Holy Ghost carrieth it unto the hearts of the children of men.")

3 Nephi 11:32-33 (The Holy Ghost will bear witness of the Father and Christ to the believers.)

3 Nephi 19:13 ("When they were all baptized, . . . they were filled with the Holy Ghost and with fire.")

Matthew 3:11 (Christ shall baptize "with the Holy Ghost, and with fire.")

John 3:1-8 (We must be born again of the Spirit.)

D&C 50:21-24 ("He that receiveth the word by the Spirit of truth receiveth it as it is preached by the Spirit of truth.")

D&C 130:22-23 ("The Holy Ghost has not a body of flesh and bones, but is a personage of Spirit.")

Moses 6:61 ("It is given to abide in you; . . . the Comforter.")

*Topical Guide:* Comforter; Holy Ghost; Holy Ghost, Baptism of; Holy Ghost, Gift of; Holy Ghost, Mission of

### TEACHING HELPS

- The witness of the truth that you have received from the Holy Ghost.
- Your confidence that the investigators can receive the same testimony.

#### EXAMPLES

To show how we can feel the influence of the Holy Ghost:

In some ways, the gift of the Holy Ghost is like sunlight. When you open the curtains on a sunny day, the sunlight enters and brightens the room. It comes through the glass. It may warm even where the light does not enter. The sun is not in the room, but its effects are. Being baptized is like opening the curtains to a room. It allows you to receive the influence of the Holy Ghost in your life. The Holy Ghost is not there in person, but his power is.

To show how the Holy Ghost works in our lives:

In the Book of Mormon we read about a special ball like a compass. This compass worked to guide Lehi and his family through the wilderness and across the ocean to the new world. It was called the Liahona. It worked according to the faith of its users and their diligence in keeping the commandments. (See 1 Nephi 16:28.) When the people were obedient to the Lord, messages would appear on it, giving special directions. When the people were disobedient, it would not work at all. This is very much like the Holy Ghost. We can all enjoy the guidance of the Holy Ghost, but only if we keep the commandments. (See Alma 37:44.) One commandment we must obey is to be baptized by a person who has authority.

To show the blessings of the gift of the Holy Ghost:

Tell the investigators about a time when the Holy Ghost influenced you.

## PRINCIPLE 7 OBEDIENCE TO THE COMMANDMENTS OF GOD

### DISCUSSION

#### We Must Endure to the End in Obedience

Through baptism, we promise our Father in Heaven that we will be obedient to his commandments for the rest of our lives. In the scriptures this lifelong obedience is often called "enduring to the end."

#### The Purpose of Obedience

God gives us commandments to help us understand how we can fulfill his plan and become more like him. [Read and discuss D&C 82:8-9.] Only by obeying the commandments of God can we find lasting peace and happiness in this life. When we obey the commandments, we show our faith and love for our Heavenly Father and Jesus Christ. We also become worthy of the companionship of the Holy Ghost.

#### Commitment Invitation: Baptism

One of the most basic ways in which God asks us to be obedient is by being baptized. As we said a few minutes ago, when we are baptized, we enter into a covenant with God. The Book of Mormon teaches that Christ set the example for us by being baptized. His baptism was a witness that he would be obedient to all the commandments of his Father. [Read and discuss 2 Nephi 31:4-7.]

Will you follow the example of Christ by being baptized by someone holding the priesthood authority of God?

### TEACHING HELPS

#### Find Out—

- Whether the investigators understand how the commandments of God give direction to our lives.
- Whether they believe we must be obedient if we want to return to the presence of God.

#### Testify:

Express your feelings about—

- The blessings of obeying the commandments of God.
- The need for obeying these commandments.

**Invite:** Unless otherwise prompted by the Spirit, you should at this point invite the investigators to be baptized on a specific date. If they need additional preparation for this commitment, use the "Invitation to Be Baptized" in the instruction booklet.



### DISCUSSION

We will be holding a baptismal service on (date). Will you prepare yourself to be baptized on that date?

### TEACHING HELPS

#### Find Out—

- Whether the investigators understand that they are to prepare to be baptized on a specific date.
- How they feel about this commitment.

### SCRIPTURAL RESOURCES

2 Nephi 31:7 (Jesus was baptized to show that he would keep the commandments.)

Mosiah 18:10 (Through baptism we enter into a covenant to serve God and keep his commandments.)

Psalm 119:105 ("Thy word is a lamp unto my feet.")

John 7:17 ("If any man will do his will, he shall know of the doctrine, whether it be of God, or whether I speak of myself.")

John 14:15, 21 ("If ye love me, keep my commandments.")

Romans 13:9-10 ("Love is the fulfilling of the law.")

D&C 59:4-6 (Those who obey the gospel shall receive "commandments not a few.")

*Topical Guide:* Endure; Obedience, Obedient, Obey; Ten Commandments

### EXAMPLES

To explain the role of the commandments:

You recall the Book of Mormon story of the compass that guided Lehi's people in the wilderness. The commandments of God help us in a similar way. They point out the course we must follow to return to our Father and enjoy the blessings of eternal life with him.

A map and compass can guide a person through a wilderness. But he must know how to use them and have the faith to follow them. Would these tools help the person if he felt they were restrictive and chose to do things his own way? The commandments of God guide us through this life to our destination of eternal happiness. But we will get lost if we refuse to follow God's commandments because we would rather go our own way. (As prompted by the Spirit, use Alma 37:43-46.)

To show that restrictions can be helpful:

A father and son were flying a kite. The wind was strong, and soon they had let out all the string. The son excitedly said, "Let go of the string so that the kite can go higher and higher." But the father wisely said, "If I let go of the string, the kite will fall to the ground. The string that holds the kite down also holds it up." Similarly, God's commandments may seem to restrict us. But without these commandments, we would fall and be hurt or lost.

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## CONCLUSION

### DISCUSSION

### TEACHING HELPS

#### **Additional Commitments**

##### *Taking Part in the Next Discussion*

Make sure you obtain a firm commitment for the investigators to take part in the third discussion (usually within the next two to three days).

##### *Reading and Praying*

Help the investigators commit themselves to continue reading in the Book of Mormon and praying to know the truth of what they are learning. (The following reading assignment is suggested: 2 Nephi 31; Mosiah 2-5; 3 Nephi 27.) Also encourage them to continue reading the Book of Mormon from the beginning.

##### *Attending Church Meetings*

The investigators should attend Church meetings as soon as possible. The third discussion focuses on the commitment to attend Church. If you will not teach them that discussion before Sunday, invite them now to attend Church meetings. As appropriate, use the "Invitation to Attend Church" in the instruction booklet.

##### *Referrals*

Help the investigators identify friends and relatives who could be invited to hear your message. As appropriate, use the "Referral Invitation" in the instruction booklet.

#### **Study Guide**

Use the study guide for this discussion to review the principles you have discussed and the commitments the investigators have made. Mark any scriptures to which you want to draw special attention. Fill out the information on the back of the study guide, including the date of your next appointment. Explain that you will be glad to answer any questions during your next visit.

#### **Close with Prayer**

Ask the family head to have someone offer the closing prayer. If possible, one of the investigators should offer the prayer. If necessary, review the "Instruction on Prayer" in the instruction booklet.

THE CHURCH OF  
**JESUS CHRIST**  
OF LATTER-DAY SAINTS



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